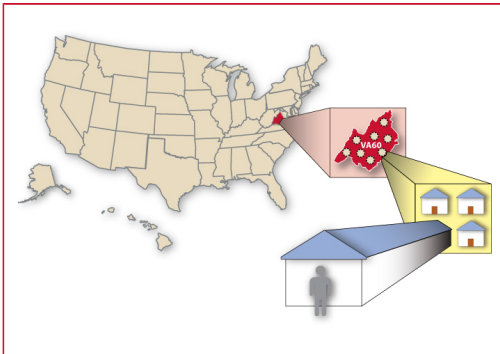


The CBHSQ Report

Spotlight

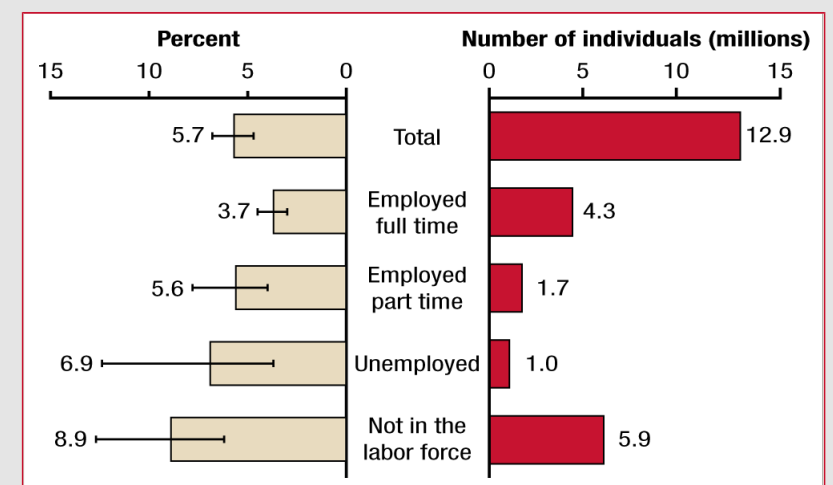
May 21, 2015



4.3 MILLION ADULTS WHO ARE EMPLOYED FULL TIME HAD A PAST YEAR ANXIETY DISORDER

Anxiety disorders are characterized by constant and overwhelming worry and fear. Individuals who have anxiety disorders may have significant trouble functioning.¹ This can make it hard for them to stay employed. According to the 2008 to 2012 National Survey on Drug Use and Health's Mental Health Surveillance Study, an estimated 12.9 million adults aged 18 or older (5.7 percent) had one or more anxiety disorders in the past year.² This includes 4.3 million people who were employed full time, 1.7 million who were employed part time, 1.0 million who were unemployed, and 5.9 million who were not in the labor force.³ The percentage of adults with anxiety disorders ranged from a high of 8.9 percent among adults not in the labor force to a low of 3.7 percent among adults employed full time. Employment can be a challenge for people with an anxiety disorder. However, about half of those with anxiety disorders are employed. A positive work environment can help them succeed. Resources to help employers create mental health-friendly workplaces are available at http://www.promoteacceptance.samhsa.gov/publications/business_execs.aspx.

Past year anxiety disorder among adults aged 18 or older, by current employment status: 2008 to 2012⁴



1. Karg, R. S., Bose, J., Batts, K. R., Forman-Hoffman, V. L., Liao, D., Hirsch, E., Pemberton, M. R., Colpe, L. J., & Hedden, S. L. (2014). *CBHSQ Data Review: Past year mental disorders among adults in the United States: Results from the 2008-2012 Mental Health Surveillance Study*. Rockville, MD: Center for Behavioral Health Statistics and Quality, Substance Abuse and Mental Health Services Administration. <http://www.samhsa.gov/data/sites/default/files/NSDUH-DR-N2MentalDis-2014-1/Web/NSDUH-DR-N2MentalDis-2014.pdf>
2. To meet criteria for an anxiety disorder, anxiety, fear, and/or avoidance must represent a change from typical functioning, and the anxiety-related problems must be accompanied by clinically significant distress or impairment in social, occupational, or other areas of functioning. Anxiety disorders assessed in this study included posttraumatic stress disorder, panic disorder with and without agoraphobia, agoraphobia without history of panic disorder, social phobia, specific phobia, obsessive compulsive disorder, and generalized anxiety disorder.
3. NSDUH defines full-time employment as usually working 35 or more hours per week and working in the past week or having a job despite not working in the past week. Part-time employment includes working fewer than 35 hours per week and working in the past week or having a job despite not working in the past week. Unemployed includes not having a job or being on layoff and looking for work and making specific efforts to find work in the past 30 days. The not in the labor force category includes retired persons, disabled persons, homemakers, students, or other persons not in the labor force.
4. In the graphic, error bars are a visual representation of the variability or uncertainty in the percentages.

Source: National Surveys on Drug Use and Health (NSDUH), 2009 to 2011 (revised March 2012), and 2011 to 2012. The NSDUH is an annual survey sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA). The survey collects data by administering questionnaires to a representative sample of the population through face-to-face interviews at their places of residence.

The Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities. The Data Spotlight may be copied without permission. Citation of the source is appreciated. Find this report and those on similar topics online at <http://www.samhsa.gov/data/>.